

Effective October **2019**

Utah WIC Program



Authorized WIC Foods

Healthy Children, Healthy Families



UTAH | WOMEN, INFANTS & CHILDREN

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Using your WIC Checks



1. Take your WIC ID Packet with your checks to any WIC approved store.

2. Use the checks for the current month based on the **"First Date to Use"** and **"Last Date to Use."**

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First Date to Use: 1/1/2016
Last Date to Use: 1/31/2016

3. Separate your WIC items, by check, from your other purchases.

4. If you cannot find an item, speak with customer service or a grocery clerk.

5. At the cash register, give your WIC check(s) and WIC ID Packet to the cashier.

6. The cashier will write in the correct purchase price.

7. Sign within the box using black ink. Your signature must match the signature on your WIC ID Packet.

- ▶ You may not return your WIC foods to the store for cash, credit or other items.
- ▶ Please treat store staff with respect and courtesy.
- ▶ If you have problems at the grocery store, speak with the store manager to resolve the problem. If the manager is unable to resolve the problem, call your WIC clinic or the State WIC Program at **1-877-WIC-KIDS**. Make sure to keep track of the store name, date/time, names of people involved, and save your receipt.



Never sell, trade, or give away WIC foods; this is considered fraud.

It is not required to purchase all items on your checks. Speak to the WIC staff if you do not use or need all the foods listed on your checks. If you suspect any fraud, please report it to your local WIC clinic.

*Store Brands/Private Labels:

A store brand must be purchased when indicated in the Utah Authorized WIC Foods Booklet. Examples of store brands/private labels include but are not limited to Food Club, Kroger, Great Value, Market Pantry, WinCo, Signature Kitchens, Signature Farms, Lucerne, Freedom's Choice, and Harmons. If the store does not carry a store brand/private label for the WIC food item, then the cheapest brand can be purchased. Stores are required to carry store brand/private label products for the following food items: milk, cheese, eggs, beans, canned tuna, brown rice and juice.

When certain brands are specified in the Authorized WIC Foods booklet, only those brands listed may be purchased.

Organic: Organic food items are not allowed except for fresh fruits and vegetables.

Special Food Letter: Foods not listed in this booklet may only be purchased if your WIC clinic gives you a "Special Food Letter." The letter must be printed on local or State Health Department letterhead.



Infant Cereal

Buy: Dry, 8 oz container

- ▶ Gerber, Beechnut
- Oatmeal
- Rice
- Mixed Grain/Multigrain
- Barley
- Whole Wheat



Do Not Buy: With added formula, fruit, yogurt, probiotics or DHA/ARA; Beechnut Good Morning, organic

Baby Food

Buy: Single vegetable, single fruit, mixed vegetables, mixed fruits, or vegetables mixed with fruits

- 4 oz jar
- ▶ Gerber, Beechnut Classics, Beechnut Naturals, Tippy Toes



2 oz 2-packs count as 1 jar
4 oz 2-packs count as 2 jars

- 2 oz 2-packs
- ▶ Gerber
- 4 oz 2-packs
- ▶ Gerber, Tippy Toes



Do Not Buy: Medleys, dinners, delights, custards, cobblers, desserts, organic or any added ingredients

Baby Food Meat

Baby food meats are an extra benefit for fully-breastfed infants.

Buy: "Single meat" variety with added broth or gravy

- 2.5 oz jar
- ▶ Gerber, Beechnut Classics, Tippy Toes



Do Not Buy: Meat sticks, dinners, organic or any added ingredients except for added broth or gravy

Infant Formula

Buy: Size and description as printed on check

Milk

Buy: *Store brand/private label

- Pasteurized. Size, description, and fat content as printed on check.
- Lactose-free milk only if printed on check

Do Not Buy: Flavored, Skim Royale/Delight, unpasteurized, raw



Cheese

Buy: *Store brand/private label

- Block, mozzarella string, domestic. May combine different sizes to equal amount printed on check
- Package or individual (1 oz) mozzarella string cheese equaling 16 oz are authorized.
- Cheddar (*mild, medium, or sharp*)
- Colby/Colby Jack
- Longhorn Colby
- Monterey Jack
- Mozzarella
- Swiss



Do Not Buy: Deli, sliced, shredded, reduced-fat, cheese food/spread/product, name brand string cheese, any other variety of cheese not listed (i.e., Pepper Jack)

Eggs

Buy: *Store brand/private label

- Large or medium, white

Do Not Buy: Brown, cage-free, omega-3



Yogurt

Buy: 32 oz containers or smaller containers in combinations that equal 32 oz.

- Any flavor
- Fat content as printed on check
- Added fruit is allowed



Do Not Buy: Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients, drinkable yogurts, yogurts in tubes, whips

Reduced Fat/Lowfat/Non-Fat Yogurts

- Market Pantry 
- Lucerne 
- Open Nature 
- Great Value 
- Kroger 
- Western Family/Shurfine 
- Dannon 
 - Regular
 - Light & Fit
 - Light & Fit Greek
- Oikos 
 - Oikos 0%
 - Oikos Triple Zero
- Mountain High 
- Food Club 
- Simply Balanced 
- Activia 
 - Activia
 - Activia Light
 - Activia Greek
 - Activia Lactose Free
 - Activia Fusion
- Winco 
 - Yoplait 
 - Original
 - Light
 - Thick & Creamy
 - Light Thick & Creamy
 - Greek
 - Greek 100 Calories
 - Greek Blended
 - Trix/ Kids Character
 - Lactose Free
 - Yoplait Oui
- Chobani 
 - Simple Truth 

Whole Fat Yogurts

- Dannon 
- Mountain High Original Style 
- Oikos 4% Greek 
- Kroger 
- Open Nature 
- Winco 
- Food Club 
- Lucerne 
- Yoplait 
 - Yoplait Fruitside



Juice

Buy: *Store brand/private label

- Unsweetened, 100% juice; single flavor only
- Size as printed on check
- Regular flavor or low sodium for tomato/vegetable juice

Do Not Buy: Refrigerated juices (except orange juice), cocktails, blends, nectars, ciders, 59 oz container

Calcium-fortified juice and cranberry juice require a Special Food Letter.

Children: 64 oz container



Apple | White Grape | Orange



Apple | Grape or White Grape | Pineapple
Orange | Vegetable



Apple | Grape or White Grape | Pineapple | Grapefruit
Tomato or Vegetable | Orange

Great Value



Apple | Grape or White Grape | Tomato
or Vegetable | Orange

Signature Select



Apple | Grape or White Grape | Orange | Tomato or
Vegetable | Pineapple | White Grapefruit

WinCo Foods



Apple | Grape or White Grape | Vegetable | Orange

Food Club



Apple | Pineapple | Grape or White Grape
Tomato or Vegetable | Orange

Women: 12 oz Frozen Juice



Signature Select: Apple | Orange



Great Value: Apple | Orange | Grape



Kroger: Apple | Orange | Grape | Grapefruit
Pineapple



Western Family or ShurFine: Apple | Orange
Grape | Grapefruit



WinCo: Apple | Orange | Grape | White Grape



Market Pantry: Apple | Orange | Grape



Food Club: Apple | Orange | Grape

Vegetables & Fruits



Buy: Dollar amount as listed on cash value voucher

- Whole, pre-cut or packaged fresh vegetables & fruits
- All types of potatoes are allowed
- Fresh salsa without added sugar or oil is allowed
- Organic allowed
- Fresh ginger or garlic

Do Not Buy: Frozen, canned, dried, roasted, decorative, packages/party trays with dips, dressings, added nuts or noodles, salad bars, herbs and spices (see below), salsa with sugar or oil, pasteurized salsa

The following herbs and spices are not allowed:

Aloe vera, anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla bean



If the total purchase price of vegetables and fruits is above the maximum amount listed on your check, you can pay the difference.

Do not sign your check until the cashier has written in the total purchase price. This should not be more than the amount listed on your check.



Beans & Lentils



Buy: *Store brand/private label

- 1 lb (16 oz) dry package
- Low sodium allowed
- 15-16 oz can
- Black, Black-eyed Peas, Butter Beans, Fat Free Refried Beans, Garbanzo (chickpeas), Great Northern, Kidney, Lentils, Lima, Navy, Pinto, Red, Split Peas, White

Do Not Buy: Added vegetables or fruits, added sugar, fats or oils, flavored, bean soup mix, mayocoba, mixed beans, chili, baked beans, beans with meat, canned green peas, snap beans, green beans, wax beans, any other variety of refried beans

Peanut Butter

Buy: *JIF, Skippy, Peter Pan, Adams or store brands/private label

- 16-18 oz creamy, crunchy, extra crunchy, reduced fat or natural

Do Not Buy: Added honey/jelly, marshmallows, chocolate, or other similar ingredients, peanut butter spreads/reduced fat spreads



Canned Fish



Canned fish is an extra benefit for mothers who are fully breastfeeding.

Buy: *Store brand/private label; for pink salmon Chicken of the Sea, Starkist, and Bumble Bee are also allowed.

- Chunk light tuna and jack mackerel in 5 oz cans
- Salmon in 5 oz cans or pouches
- Water or oil packed

Do Not Buy: Solid white or chunk white albacore tuna; red, blueback, atlantic, or sockeye salmon; low sodium; gourmet; flavored/seasoned; 2.5 oz pouches

Cereal

Buy: 12 oz sizes or larger for cold cereal.
Boxes or bags in combinations equal to or less than amount printed on check. May buy hot cereal as part of combination.

Do Not Buy: Cold cereal box sizes smaller than 12 oz, added fruit, or low sugar

All authorized cereals meet the Federal WIC guidelines for iron and sugar content.



Signature Select: Bran Flakes | Toasted Oats | Corn Flakes | Crispy Rice | Rice Pockets | Oats & More (Original or Almonds) | Nutty Nuggets | Corn Pockets



WinCo: Frosted Shredded Wheat (bite-size) | Crispy Rice | Bran Flakes | Corn Flakes | Toasted Oats

Great Value



Great Value: Crunchy Honey Oats | Frosted Shredded Wheat | Bran Flakes | Corn Flakes | Rice Crispers | Corn Squares | Rice Squares | Wheat Squares | O's Oat Cereal | Multigrain O's | Crunchy Nuggets | Oat Crunch



Western Family: Corn Flakes | Frosted Shredded Wheat (bite-size) | Corn Squares | Rice Squares | Crisp Rice | Wheat Squares | Toasted Oats | Wheat Bran | Oats & More (Original or Almonds)



Market Pantry: Toasted Rice | Corn Flakes



Kroger: Rice Bitz | Oat Squares | Corn Flakes
Nutty Nuggets | Bran Flakes | Living Well
Crispy Rice



Food Club: Corn Flakes | Frosted Shredded Wheat
(Original or Strawberry) | Crisp Rice | Honey and
Oats (Original or Almonds) | Wheat Squares |
Oatmeal Squares with Brown Sugar | Rice
Squares | Corn Squares | Toasted Oats | Bran
Flakes | Twin Grain Crisp



Malt-O-Meal: (Bags or Boxes)
Frosted Mini Spooners (Original, Blueberry or
Strawberry Cream) | Crispy Rice



Kellogg's: Rice Krispies | Frosted Mini-Wheats |
Frosted Mini-Wheats Little Bites | Frosted Mini-
Wheats Touch of Fruit | Special K Original
Special K Protein Honey Almond | Special K
Protein Cinnamon Multi-Grain | All-Bran Complete
Wheat Bran Flakes | Corn Flakes | Crispix



Post: Honey Bunches of Oats Pecan & Maple
Brown Sugar | Honey Bunches of Oats Honey
Roasted | Honey Bunches of Oats with Almonds
Great Grains Banana Nut Crunch | Grape Nuts
Original or Flakes



Sunbelt Bakery: Simple Granola

Hot Cereal (Regular flavor only unless specified)



Quaker: Brown Sugar Oatmeal Squares | Cinnamon Oatmeal Squares | Honey Nut Oatmeal Squares | Golden Maple Oatmeal Squares | Original Life



Western Family: Creamy Wheat Farina | Instant Oatmeal (packets only)



WinCo: Instant Oatmeal (packets only)



General Mills: Cheerios | Fiber One Honey Clusters | Berry Berry Kix | Honey Kix | Kix | Multigrain Cheerios | Whole Grain Total | Wheaties | Wheat Chex | Corn Chex | Rice Chex | Vanilla Chex | Blueberry Chex | Cinnamon Chex



Kroger: Instant Oatmeal (packets only)



Great Value: Instant Oatmeal (packets only)



Quaker: Instant Oatmeal (packets only)



Signature Select: Instant Oatmeal (packets only)



Food Club: Creamy Wheat Farina | Instant Oatmeal (packets only)



Cream of Wheat: Cream of Wheat Instant Whole Grain | Whole Grain Cream of Wheat | Cream of Wheat Instant | Cream of Wheat 1 Minute | Cream of Wheat 2½ Minutes | Cream of Rice (Regular or Instant)



Malt-O-Meal: Original Hot Wheat | Chocolate Hot Wheat | Co Co Wheats

Whole Grain Options

Whole Wheat Bread

Buy: 100% Whole Wheat Bread, 16 oz



Dunford Bakers: Wheat Bread, Multigrain Bread



Smith's: 100% Whole Wheat Round Top Bread



Sara Lee: Classic 100% Whole Wheat



Franz: 100% Whole Wheat



Wonder: 100% Whole Wheat



Bimbo: 100% Whole Wheat



Nature's Own: 100% Whole Wheat with Honey



Great Grains: 100% Whole Wheat Bread



WinCo: 100% Whole Wheat Bread

Do Not Buy: Buns, rolls, bagels, white bread

Brown Rice

Buy: *Store brand/private label

- 14 oz (Instant only)
- 16 oz (Regular, quick-cooking)

Do Not Buy: Boil-in-bag, ready-to-serve, added flavors/seasonings



Whole Wheat Pasta

Buy: 100% Whole Wheat Pasta, 16 oz

- Whole wheat flour and/or whole durum wheat flour must be the only flour ingredients listed



Barilla



Ronzoni



Racconto



Western Family



Hodgson Mills



Kroger



Great Value



WinCo



Food Club



Signature Select



(Pictures not all inclusive)



Do Not Buy: Pasta made with white flour or a mix of different types of flour or with added sugars, fats, oils, or salt (sodium)

Tortillas

Buy: Whole Wheat or Corn Tortillas, 16 oz

Great Value:
Whole Wheat



Ortega:
Whole Wheat



La Burrita:
Yellow Corn



Guerrero:
White Corn



Rancho Market:
Corn



La Victoria:
Whole Wheat



Market Pantry:
Whole Wheat



Food Club:
Whole Wheat | White Corn



Kroger:
Whole Wheat | Corn



Herdez:
Fajita Whole Wheat
White Corn



Mission:
Whole Wheat | Yellow Corn



Don Pancho:
Whole Wheat | White Corn



Do Not Buy: White flour tortillas, hard shells, wraps, uncooked

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- (1) **Mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) **Fax:** (202) 690-7442; or
- (3) **Email:** program.intake@usda.gov.

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Breastfeeding | A Gift for Life:

- ✓ Doctor Recommended
- ✓ Perfect Nutrition
- ✓ Less Infections
- ✓ Reduces Childhood Obesity

For help with breastfeeding call your WIC clinic.

